



MCAS MIRAMAR HEALTH PROMOTIONS



HEALTHY MICROWAVE COOKING CLASS

Purpose: To provide Marines living in the barracks with some healthy meal options so that they do not have to eat fast food. It also provides Marines that are on COMRATS and mess chow hall some options of quick foods that would be healthy.

Event Description: We will show them how to make a nutritious meal using the microwave, which most have in their rooms. We will be making a meal and offering suggestions of healthy items that they can have in their rooms that are shelf stable (peanut butter, nuts, tuna fish, etc.). We will be comparing the price of eating out to making a meal in their room.

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